

Health Tip of the Month

Make the Switch to Nuts

Use nuts in your diet to replace unhealthy fats with heart healthy fats!

Studies show the fats found in nuts can help reduce the risk of heart disease. Nuts are a powerhouse of energy, packed with protein, vitamins, and high in fiber. Just a handful will satisfy your hunger.

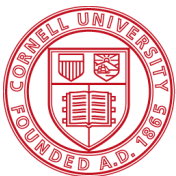
Why not replace some of the saturated fats from butter, dairy and meats with healthier fats in nuts?

Just remember that a handful of nuts can equal up to 200 calories or more! So be sure you are replacing unhealthy fats in your diet for healthy nut fat.



Enjoy the Taste of Nuts

- ◆ Replace buttery pancakes with oatmeal topped with your favorite nuts.
- ◆ Pack a peanut or almond butter sandwich in your lunch instead of deli cheese and meats.
- ◆ Take bacon and cheese out of your salad and add a handful of almonds instead.
- ◆ Try walnut and basil pesto sauce on whole wheat pasta instead of meatballs and spaghetti.
- ◆ Add cashews and water chestnuts to your stir-fry instead of beef.
- ◆ Make your snack a mix of raw nuts, seeds, and dried fruits instead of chips.



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